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SOX RACING TOWARD PLAYOFFS

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FANTASY LAND

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ERIN TIERNAN, WEB REPORTER

Good morning! We hope you enjoyed the solar eclipse yesterday, but not the way that Trump did. He ignored warnings from NASA and stared up at the sun without any eye protection. Aye aye aye! Find out more at metro.us/president-trump.



GETTY IMAGES

J&J ORDERED TO PAY \$417M OVER TALC CANCER RISKS

IA California jury ordered Johnson & Johnson to pay \$417 million to a woman who claimed she developed ovarian cancer after using the company's talc-based products like Johnson's Baby Powder for feminine hygiene. The Los Angeles Superior Court jury's verdict in favor of California resident Eva Echeverria was the largest yet in lawsuits alleging J&J failed to adequately warn consumers about the cancer risks

of its talc-based products. "We are grateful for the jury's verdict on this matter and that Eva Echeverria was able to have her day in court," Mark Robinson, her lawyer, said in a statement. The verdict included \$70 million in compensatory damages and \$347 million in punitive damages. It was a major setback for J&J, which faces 4,800 similar claims nationally and has been hit with over \$300 million in verdicts by juries in Missouri.

SPANISH POLICE KILL BARCELONA ATTACKER

2Spanish police shot dead a man they suspect was the Islamist militant who drove a van into a Barcelona crowd last week, killing 13 people. Ending a five-day manhunt, police tracked 22-year-old Younes Abouyaaqoub to a rural area near Barcelona. They said they shot him after he held up what appeared to be an explosives belt. Police gave few immediate details of the incident in Subirats, saying they had called

in a bomb squad to approach the man's body after gunning him down. Abouyaaqoub had been on the run since Thursday evening, after he drove at high speed into throngs of people strolling along Barcelona's most famous avenue, Las Ramblas, in Spain's worst militant attack in over a decade. Islamic State claimed responsibility and police believe the attack was planned by a dozen accomplices.

5 THINGS YOU NEED TO KNOW

SOLAR ECLIPSE IN BOSTON

3 Krayonna Thames and her son Jaedin Barnes, 5, use protective glasses to watch the solar eclipse along the waterfront near the Children's Museum in Boston on Monday.



TEXAS SCHOOL REMOVES CONFEDERATE STATUES

4The University of Texas at Austin removed four statues tied to the Confederacy from its campus early on Monday morning, saying they had become symbols of white supremacy at a time of protests and fierce debate about race and the legacy of America's Civil War. White nationalists rallied earlier this month against proposals to take down a similar statue

in Charlottesville, Virginia, and one woman was killed when a man crashed his car into a crowd of anti-racism counterprotesters. The violence triggered the biggest domestic crisis yet for President Donald Trump, who provoked anger across the political spectrum for not immediately condemning white nationalists and for praising "very fine people" on both sides of the fight.

SAILORS MISSING AFTER US SHIP, TANKER COLLIDE

5Ten U.S. sailors were missing after a collision between a destroyer and a tanker near Singapore, the second involving a U.S. warship and a merchant ship in Asia in about two months, triggering a fleet-wide probe of operations and training. The guided-missile destroyer John S. McCain and the tanker Alnic MC collided while the warship was heading to Singapore for a routine port call. The collision tore a hole

in the warship's waterline, flooding compartments that included a crew sleeping area, the U.S. Navy said. "Initial reports indicate John S. McCain sustained damage to her port side aft," it said in a statement. "There are currently 10 sailors missing and five injured." U.S. Defense Secretary James Mattis said Chief of Naval Operations Admiral John Richardson would conduct a broad investigation into U.S. naval operations after the collision.

FAST FACT

Each year, the C.S. Mott Children's Hospital National Poll on Children's Health asks a sample of adults to identify health topics that are a "big problem" for children and teens.

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Drug abuse 56%

Internet safety 55%

Source: C.S. Mott Children's Hospital



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STOP H.3361



The Satanic Temple unveiling their Baphomet statue in Detroit. THE SATANIC TEMPLE/FACEBOOK

Satanic Temple may sue over City Council invocation

The Satanic Temple's Boston chapter wants to have its voice heard at City Council meetings.



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Following the Free Speech Rally in Boston that attracted controversy, another fiery issue concerning the First Amendment right is brewing.

The Boston chapter of the Satanic Temple is asking city council for the opportunity to deliver opening remarks at a weekly meeting, claiming that the right is frequently given to Christian groups when it should be an opportunity for all religions. If their request isn't met, the group says it may head to court.

Boston City Council meetings often begin with an invocation or a moment of silence and prayer, led by community religious leaders.

Travis LeSaffre, chapter head of The Satanic Temple Boston, recently sent a letter to Boston City Council President Michelle Wu and the council's twelve other members asking that his organization be given that same chance.

"The Satanic Temple Boston Chapter is seeking the right to give an invocation — a right that's been given to many, many, many other religious institutions within the city of Boston as well as outside the city," he said.

LeSaffre said the invocations are "highly skewed" in favor of Christianity. About 80 percent of all City Council meetings since 2011 have started with an invocation given by Christians, he said.

According to minutes posted from the last five meetings, invocations have recently been given by Father John Carroll of St. John's, Rev. Myrlande DesRosiers of the Haitian Community Center, city clerk Maureen Feeney, Iman Mohammed Berrie of the Sierra Leone Consulate Mission, and Brother Tom Conway of Arch Street Church.

This is the group's second time asking Boston City Council for this opportunity, and they aren't the only chapter of the Satanic Temple pursuing

something like this.

"The first time we asked [in October], it was a more pleasant request citing the fact that other institutions have given it, so it's only right to allow the Satanic Temple to have one as well," LeSaffre said. "This secondary request is much more pointed. It's the first option they have before we take legal action."

The letter mentioned a recent case in North Carolina that dealt with a "similar situation where a city council created de facto Christian prayer by cherry picking speakers," LeSaffre said.

The ACLU filed that lawsuit on behalf of non-Christians who said they felt "excluded" by the prayer. A federal appeals court in North Carolina ruled that the practice was unconstitutional, according to Fox News.

When asked what their invocation would include, LeSaffre said that it "doesn't matter" — it's about their right to say something.

He has yet to hear back from any members of the council, and he said that he doesn't expect to. A spokesperson for Wu said in an email that different meetings are assigned to councilors at the beginning of the legislative year, and those councilors decide which clergy they wish to invite to speak.

"There are no rules for this selection," the email continued. "Traditionally, councilors have invited members from their district ... who are active in their neighborhood and engaged community members, in addition to being members of the clergy."

LeSaffre described the Satanic Temple as a group of "non-theistic Satanists focused on political action, as well as other activities." A Michigan chapter of the Satanic Temple made national headlines in March when members protested after legislators there sponsored anti-abortion bills. The Temple has also been lauded as a "haven" for the LGBTQ population.

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Free Speech rally organizer says they will 'come back stronger'

John Medlar, an organizer of the Boston Free Speech rally, said on his Facebook that the group learned a lot from how things played out on Saturday.



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Though Saturday's Boston Free Speech rally was overshadowed by counterprotesters, the organization seems undeterred.

An estimated 50 people gathered at the Parkman Bandstand on Boston Common for the Free Speech rally Saturday afternoon, while nearly 40,000 others marched in the counterprotest.

Many planned speakers ended up dropping out amid controversy

that swarmed the Boston Free Speech organization's event, but one of the speakers who did still attend the rally was Shiva Ayyadurai, who is running against Elizabeth Warren for a Senate seat.

"I want everyone to say it three times with me, an important word that is why we're here: love, love, love," Ayyadurai said on Saturday, according to a video he shared on his YouTube.

"We are one people and we cannot let the power of darkness — which is actually power, privilege and control — destroy the light," Ayyadurai continued. "Be the light brothers and sisters, and know the truth and know that we are here for the right reasons. We are here for love, love, love."

Behind Ayyadurai,

50

PEOPLE GATHERED
FOR THE FREE SPEECH
RALLY IN BOSTON

people stood holding signs that said "Black Lives DO Matter."

On his personal Facebook page, rally organizer John Medlar posted a photo of Ayyadurai standing among those signs with the caption, "40+k people came to shut THIS down?"

In another post, Medlar wrote, "Big thanks and God bless to the progressives who stood with us. You are the true exemplars of genuine liberalism."

One commenter noted on the Boston Free Speech Facebook page that they didn't understand the



Free Speech ralliers were eclipsed by a massive show of anti-racist counterprotesters on Saturday. THE HUMMINGBIRD VIA TWITTER @SAYSHUMMINGBIRD

protest response to Ayyadurai's remarks, but then had noticed that the original rally poster had "at least one person with Nazi-like beliefs ... and they were the reason why the protesters rightfully came out."

Medlar did not respond to multiple requests for comment on Monday. Though there is no official comment following Saturday's events on the Boston Free Speech organization's Facebook account, Med-

lar hinted on his own that the group has not been deterred by how things played out this time.

"We learned a LOT from this process," Medlar wrote. "Going to regroup and come back stronger than ever."

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50-54	\$88.50	\$73.50	\$36.00	\$30.00	\$18.50	\$15.50	\$11.50	\$9.70
55-59	\$111.00	\$92.25	\$45.00	\$37.50	\$23.00	\$19.25	\$14.20	\$11.95
60-64	\$136.00	\$103.50	\$55.00	\$42.00	\$28.00	\$21.50	\$17.20	\$13.30
65-69	\$163.50	\$126.00	\$66.00	\$51.00	\$33.50	\$26.00	\$20.50	\$16.00
70-74	\$221.00	\$171.00	\$89.00	\$69.00	\$45.00	\$35.00	\$27.40	\$21.40
75-79	\$301.00	\$243.50	\$121.00	\$98.00	\$61.00	\$49.50	\$37.00	\$30.10
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Former Romney aide announces run against Elizabeth Warren

Beth Lindstrom, who worked in ex-governor's administration, is throwing her hat into the Senate race.



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Elizabeth Warren has another challenger vying for her Senate seat.

Beth Lindstrom, a former aide to Gov. Mitt Romney, announced her run on Monday.

In a video posted online Monday, Lindstrom said that she is not a politician, "I'm a mom who cares deeply about Massachusetts and where we are heading."

Lindstrom does have experience in the political world, though. She served in Romney's administration as the secre-

tary of Consumer Affairs and Business Regulation and she managed Scott Brown's successful 2010 Senate campaign.

She also led Commonwealth Future, a super PAC in support of Gov. Charlie Baker, in 2010. Earlier in her career, Lindstrom served as executive director of the state lottery in the 1990s.

In her video, Lindstrom calls out political leaders for their "endless bickering and name calling," saying that distracts from the effort to work together and find solutions to current situations.

"I'm running for Senate as an independent-minded Republican who believes we can get things done if people would just get to work instead of trading insults or thinking about the next step on the political ladder," she says.

She isn't just attacking Democrats. In her video, Lindstrom continues to



Beth Lindstrom announced her run for Senate in Massachusetts on Monday.
BETH LINDSTROM/YOUTUBE

say that when she looks at what's going on in Washington, "I just shake my head," she says. "The politicians like to think the problem is all on the other side, but the truth is, there's plenty of blame to go around."

Lindstrom, a Groton resident, joins three others Republicans — all men — in challenging Warren: Rep. Geoff Diehl, businessman John Kingston and entrepreneur Dr. Shiva

Ayyadurai, who claims to have invented email.

Lindstrom will release a "more formal" announcement in the fall, she says in her video, but she adds that she wants Bay Staters to know that she's "all in."

Running against Elizabeth Warren will be a challenge, though — as of June, Warren's 2018 re-election campaign bid has already raised more than \$11 million.

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Is Joss Whedon a hypocrite?

Talk about a bad feminist.
ALL PHOTOS GETTY IMAGES

Joss Whedon — supposed champion of women who brought us "Buffy" — is maybe a bad dude. At least according to this #scathingessay written by his ex-wife, Kai Cole.

In a blog post for The Wrap, Cole details infidelities and shenanigans abound during their 16-year-marriage, and calls him a "hypocrite preaching feminist ideals."

Apparently, Whedon claimed he was a feminist, but essentially used that as an excuse to creep on women.

"I believed, everyone believed, that he was one of the good guys, committed to fighting for women's rights, committed to our marriage, and to the women he worked with... But I

now see how he used his relationship with me as a shield, both during and after our marriage, so no one would question his relationships with other women or scrutinize his writing as anything other than feminist." Damn, Cole! Hot take!

Here's the question though — will it actually make a difference in his career? I mean, I guess we'll see. But I'm not exactly hopeful.

Jay Z would like to clarify elevator-gate

Jay Z would like to make sure you know that he and Solange are tight. Oh, and also? The only time they have ever disagreed was the aptly named elevator incident — you know, that time when she

kicked him in the elevator after the Met Gala. Just so



Methinks the sir doth protest too much.

we're on the same page.

Jay says that the 2014 elevator fight was just, you know, standard family drama. "We had one disagreement ever. Before and after, we've been cool," he said in a recent interview. "She's like my sister. I will protect her." Uh, protect her from what? Also, it seems like you were the one who needed protection, but mmkay.

"We've always had a great relationship," Beyoncé's husband added. "I fought my brothers and argued with my brothers my whole life. It just so happens, who we are, these things go into a different space. But it ain't nothing." OK, sure, whatever. I'm just not buying it, but whatever helps you sleep at night, my dude.



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Please make Peter the next Bachelor

There's a rumor going 'round that "Bachelor-ette" runner-up Peter Kraus may or may not be the next Bachelor. If this is true, hear my cry: I definitely don't have the temperament for reality television, but I will absolutely audition for the show.

Host Chris Harrison recently talked about maybe choosing Kraus to People, saying "It's about choosing someone who will make a good Bachelor, good television and who we think is sincerely ready for this moment."

Harrison continued, "after seeing him be



I deserve this.

with Rachel, it didn't give you that glowing feeling of, 'Hey, this guy is ready for another chance at love.' It would

be really hard to spin that."

Well, spin this, "Bachelor" producers: there's another black Rachael in the running, and it's me! I've got a degree, some pretty classic anxiety issues, and you can say that I think I'm better than other people because I live in a town full of garbage that people call "quaint." (It's Brooklyn. I live in Brooklyn.) Also, I wear glasses to trick people into thinking I'm smart, so yeah. I think I'm good enough for "The Bachelor."

Now bring that salt-and-pepper Prince Eric to me or else!

Rose and Bobby are expecting another kid

Rose Byrne and Bobby Cannavale, arguably one of Hollywood's most low-key couples, are expecting a second baby. Aw!

The "Bridesmaids" actress confirmed that she has a uterus full of fetus — that's how that works, right? — in a recent interview with Australia's Jones publication. She dropped the news super casually, as one does. "I'm a little tired

but feeling good. Everyone was very sweet on set today, and you always get a little bit more attention when you're pregnant, which is fabulous."

OK, Rose, I see you!

The couple, who have been together since 2012, already share a very adorable 17-month-old named Rocco. Cannavale features him heavily on his Instagram, for which I am thankful.

Also, they apparently live in a Brooklyn brownstone, which is just so authentic of them, you know?

Anyway, congratulations you two!



I approve. You're welcome.

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Finn Jones talks DJing, 'Defenders' and Donald Trump

The "Iron Fist" actor thinks the president lacks compassion.

MATT JUUL
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Playing a superhero on TV can be a rough gig at times. Just ask "Iron Fist" star Finn Jones.

The 29-year-old actor is back as the kung-fu-kicking billionaire Danny Rand in Marvel's "The Defenders," which debuted on Netflix over the weekend. While it's been a fun role for the "Game of Thrones" alum, that doesn't mean he hasn't earned a few bumps and bruises along the way.

"The easiest way to describe it is I dislocated my hip," Jones tells Metro of his nasty leg injury prior to filming the miniseries. "Also, I tore like a really deep muscle in my adductor. Because my hip was out of place, it wasn't healing correctly. That happened in 'Iron Fist' and I pretty much had that ongoing injury throughout 'The Defend-

ers."

Luckily, he was able to power through the pain in order to pull off his awesome martial-arts moves on the show. Ahead, Jones talks more about his "Defenders" experience, his secret musical side and his thoughts on the role of heroes in the Donald Trump era.

You've been spending a lot of time in New York filming "Iron Fist" and "The Defenders." How's the Big Apple treating you?

I live in Brooklyn and I f—king love this city, man. There's a reason why they call it the greatest city in the world.

The thing I love about it the most is how much diversity there is here.

There's such a mix of different cultures, peoples and walks of life, but everyone is united under this sense of being a New Yorker.

Society has plenty of villains at the moment, but there doesn't seem to be many heroes. Does

the real world need a superhero right now?

I think what the world desperately needs right now is better understanding. There's a lot of confusion, anger, emotion and ignorance. I think ignorance is the biggest problem. Moving forward, we really need to start listening to each other and we need to start reaching out our hands to help and understand rather than to fight. All of this conflict is just going to push us further and further down the road to destruction and chaos. It's not a good way to be.

We need to be compassionate. It can be really f—king difficult to be compassionate when we don't under-



Don't mess with Iron Fist and his pals.
ALL PHOTOS SARAH SHATZ/METRO

stand the other side of the argument. But we need to do that, because f—k me, the president isn't compassionate. If we haven't got that guy being compassionate, then we need to do it ourselves. We need to stop getting caught up in the little things of the world. We need to start seeing the bigger picture. If we don't, it's going to be too late.

When you're not kicking butt on TV, you also make music. Should we expect DJ Iron Fist to

bring the beats stateside anytime soon?

To be honest, I keep my music quite modest. I like to play alone, you know what I mean? Music is such a personal thing for me. It's not something I really like to merge with my acting world. But it's a huge passion of mine. Music means a lot to me.

Are Daenerys Targaryen's dragons on "Game of Thrones" more intimidating than the Dragon of K'un-Lun on "Iron Fist?"

Well, we haven't seen the Dragon of K'un-Lun yet, so it's difficult to call it on that. But the "Game of Thrones" dragons are pretty awesome. It's hard to draw a comparison to the "Game of Thrones" dragons, but I'm going to have to say Khaleesi's dragons, hands down.

Since you're a fight fan, who has the better chest tattoo: Iron Fist or Conor McGregor?

Oh McGregor, for sure. That [gorilla] is f—king awesome. It's way cooler.



Finn Jones as Danny Rand in 'The Defenders.'

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Gary Vaynerchuk on Internet fame, Tom Brady and Trump's tweeting

The social media star explains how he stays ahead of the curve.

MATT JUUL
@RunTheJuuls
mattjuul@metro.us

Few people have capitalized on the power of online marketing and social media like Gary Vaynerchuk.

As an entrepreneur, bestselling author as well as an angel investor and advisor for companies ranging from Uber to Snapchat, Vaynerchuk has always been ahead of the curve. In addition to being a trailblazer in the world of business, he's also become a social media rock star thanks to his inspirational yet informative posts.

We caught up with Vaynerchuk after his speech at the 2017 MPOWER Summit in Boston over the weekend, and the 41-year-old founder and CEO of VaynerMedia opened up about internet fame, Tom Brady's business skills and the dangers of Donald Trump's tweeting.

As a Jets fan, is it tough traveling to Patriots territory?

I went to Mount Ida College, so I spent four years in Boston and Newton. I love this city. I love the people of the city. I hate the Patriots, but I always have fond memories coming here.

You have to admit, Tom Brady's pretty good with his social media game.



Despite being a Jets fan, Gary Vee has a lot of respect for TB12. GETTY IMAGES

It's disgusting how much respect I have for him, only paralleled by my hatred for him in the most fun, sports kind of way. I have a lot of respect for him, who he is as a guy, what he does on the field and what he does off the field, business wise. It's super well executed. It's tough to say, but it's the truth.

Is it a mistake for entrepreneurs to seek online fame before getting their other ducks in a row?

It's the mind-set of short term vs. long term. If you want to be internet-famous, you have to wrap your head around seven years, and I think most people are in seven weeks. And it's seven years of 15-hour days. Or it's obnoxious talent. Some people get it right away. Great! Some people are gorgeous. Some people can throw a baseball 100 mph. It's understanding those are anomalies. Look, I never thought there'd be a day and age where, as being a businessman, there'd be some level of micro-fame. The idea that I just stood upstairs and signed pictures of myself is

laughable. Twenty years ago, that doesn't make sense to me. But the world has a funny way of working itself out when you do the right things.

What do you think is the next big thing and how do you stay ahead of the curve?

I stay on top of things by staying curious, then things come to you. For example, I think cryptocurrency is so big, but so detailed that I haven't gone deep into that rabbit hole because it would take up all my time. Because I've been closed off to it, I don't know it as well as a lot of other people. But I'm very, very bullish on [artificial intelligence], machine learning. I'm obsessed with audio, podcasting, Alexa skills, Google Home, Apple pod. It's just time arbitrage. Things that are rare, like cryptocurrency, and things that are about time, like the things I just mentioned. Things that are tried and true human behaviors, I'm a big buyer of. I basically think people don't change. The world changes and we conform to it. That's how I make my bets.

What are your thoughts on being positive and socially responsible with these new mediums?

Everybody should be themselves, because that always works. I'm pretty positive, optimistic and happy, and that works for me. There is something that I've been more focused on, which is, if you're happy, I do think

you have a responsibility to share that happiness because we're only hearing from the people that are unhappy. I'm passionate about sharing happiness.

Considering that the leader of the free world can start a war with a tweet, does there need to be more responsibility with these social media tools once you get to that level of government?

Politics is a place that I specifically stay away from because I think people are completely irrational. The way that I am about Jets and Patriots, people are about Republicans and Democrats and society—which I think is insane, meaning blindly emotional, like completely one side or the other. I have views that are Republican, I have views that are Democratic. I try to take everything one issue at a time. That being said, to answer your question directly, of course, with great power comes great responsibility. I think that subtweeting as the leader of the free world has the potential to be quite detrimental. I don't think anybody would debate that.

We're guessing fans shouldn't expect "Gary V. for President."

You know what's funny, if I was born in this country, I would've definitely debated it. But the fact that I can't be the president takes some of the juice out of the game.



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Go on a 'Doggie Double Date' in Boston

Dating can be ruff.

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Dating can be a dog-eat-dog world sometimes, but this "Doggie Double Date" hopes to take a bite out of all that.

GoPetie, an app that connects pet owners and their furry pals with new friends in their area, is throwing a weekday bash where locals and their adorable pets can mingle. Aeronaut Brewing Co. and Zone 3 are partnering with the company

for the "Doggie Double Date," which goes down Wednesday, Aug. 23, in Allston.

The event is the first of its kind for GoPetie and promises to be an exciting evening where attendees will "enjoy good music and food, socialize, and perhaps find a date for your furry friend (or for yourself)."

The fun is scheduled to kick off 5:30 p.m., and entrance is free for those who download the GoPetie app and set up a profile for their dog.

In addition to all the doggie mingling, craft beers will be on hand

If you go

Aug. 23,
5:30 p.m.-9:30 p.m.,
267 Western Ave., Allston,
free, gopetie.com/ddd

courtesy of Aeronaut, while hungry daters can chow down at the food trucks. Dog treats will also be available for the canines in attendance.

Pet lovers should arrive early if they want a spot, though, as capacity for the event is limited and hundreds are expected to attend.



GoPetie is teaming up with Aeronaut Brewing Co. and Zone 3 for the event.

Find a date for yourself and your furry friend.



Treats will be available for both pets and their human pals.
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Mushrooms, an overlooked superfood

wellbeing

Mushrooms have medicinal properties, aiding in immunity, cognitive function, gut health, skincare, weight loss and stress reduction. ISTOCK

Chemist Tero Isokauppila talks us through the many health benefits of fungi.



KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

You've heard all about kale, turmeric and moringa. But did you know that mushrooms are also a superfood? The umami-rich fungi have many health benefits, from improving skincare to reducing anxiety. It all depends on which type of mushroom and how you prepare it.

Tero Isokauppila, chemist, plant nutritionist, mushroom forager and author of the forthcoming book "Healing Mushrooms: A Practical and Culinary Guide to Using Mushrooms for Whole Body Health," out in October, talks us through the healthiest 'shrooms we should be incorporating into our diet. Also the founder of Four Sigmatic, a company that sells mushroom elixirs, coffees, teas and more healthful concoctions, Isokauppila gives us tips on how to best harness the power of the superfood.

The science of functional mushrooms
Beyond being a good source of fiber, protein and vitamins, our fungal friends also have healing properties — depending on which kind. Isokauppila clarifies that certain mushrooms are "functional," meaning they contain medicinal properties. Some that fall into that category you've likely heard of — enoki, shiitake, maitake, oyster mushrooms — while others

are more obscure — cordyceps and chaga and reishi. While they all can be used in cooking, some mushrooms, such as chanterelles, morels and cremini, don't provide the same medicinal benefits and are strictly culinary.

Mellow mushrooms to treat anxiety

One of the healthiest mushrooms, reishi, is known as "queen of the mushrooms" and has been used in traditional Chinese medicine for centuries. It's a powerful adaptogen, meaning it helps the body fight stress and bolster immunity, Isokauppila explains. As far as consuming it, reishi is typically made into an extract and dissolved in liquid form. Four Sigmatic sells a stress reducing reishi hot cocoa.

Oyster mushrooms, which you can enjoy more traditionally in soups and stir-fries, are chockful of B vitamins, which help calm you, release serotonin and also improve the skin.

Antioxidants and immunity

The king to reishi's queen would be chaga, Isokauppila says, which is one of the highest sources of antioxidants of any food in the world. Antioxidants in chaga help with skin and hair health, immunity and contain cancer-fighting compounds.

Because chaga is naturally bitter,



Four Sigmatic Chaga Mushroom Elixir
INSTAGRAM.COM/FOURSIGMATIC

Isokauppila recommends first trying it as an extract in coffee or chocolate, bitters that our palette is already accustomed to.

Weight-loss

You're likely familiar with shiitake and maitake mushrooms,

a popular culinary choice in Asian cuisine. Maitake aids in weight-loss because it stabilizes blood sugar and improves digestion, Isokauppila explains, as does shiitake, because it helps detox the liver and lower cholesterol.

Cooking with mushrooms

According to Isokauppila, you really shouldn't eat mushrooms raw — more than just because they taste so much better cooked.

"Mushrooms are not bioavailable raw," he explains. "They need heat and lipids to unlock the health benefits." The process of heating can also remove toxins.

If you'd like to enjoy in a tea or chocolate, you'll have to use a tincture. You can make one on your own or purchase mushroom extracts at Whole Foods or other natural product stores.

Alcohol can help extract the nutrients, too. Visit Metro.us for Isokauppila's "Corydrex on the beach," recipe, which mixes cordyceps extract with vodka and fruit juice.

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Why Viagra Is Failing Men

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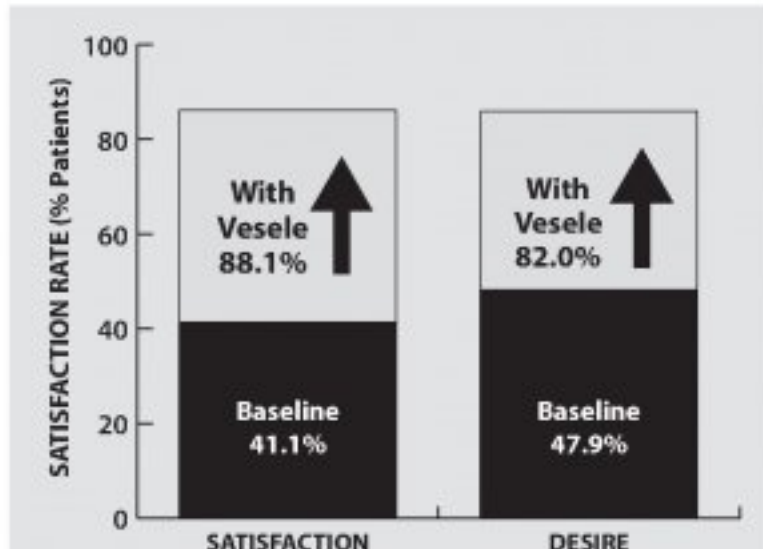
By Harlan S. Waxman
Health News Syndicate

New York – If you're like the rest of us guys over 50; you probably already know the truth... Prescription ED pills don't work! Simply getting an erection doesn't fix the problem" says Dr. Bassam Damaj, chief scientific officer at the world famous Innovus Pharma Laboratories.

As we get older, we need more help in bed. Not only does our desire fade; but erections can be soft or feeble, one of the main complaints with prescription pills. Besides, they're expensive... costing as much as \$50.00 each

Plus, it does nothing to stimulate your brain to want sex. "I don't care what you take, if you aren't interested in sex, you can't get or keep an erection. It's physiologically impossible," said Dr. Damaj.

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Ability to Satisfy	83.3%	44.1%

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The new men's pill is not a drug. It's something completely different

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WORKS ON YOUR HEAD AND YOUR BODY

The new formula takes on erectile problems with a whole new twist. It doesn't just address the physical problems of getting older; it works on the mental part of sex too. Unlike the expensive prescriptions, the new pill stimulates your sexual brain chemistry as well. Actually helping you regain the passion and burning desire you had for your partner again. So you will want sex with the hunger and stamina of a 25-year-old.

THE BRAIN/ERECTION CONNECTION

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THE SCIENCE OF SEX

The study asked men, 45 to 65 years old to take the main ingredient in Vesele® once a day. Then they were instructed not to change the way they eat or exercise but to take Vesele® twice a day. **What happened next was remarkable.** Virtually every man in the study who took Vesele® twice a day reported a huge difference in their desire for sex. In layman's terms, they were horny again. They also experienced harder erections that lasted for almost 20 minutes. The placebo controlled group (who received sugar pills) mostly saw no difference.

AN UNEXPECTED BONUS: The study results even showed an impressive increase in the energy, brain-power and memory of the participants.

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"Once we saw the results we knew we had a game-changer said Dr. Damaj. We get hundreds of calls a day from people begging us for a bottle. It's been crazy. We try to meet the crushing demand for Vesele®."



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DraftKings, FanDuel, fantasy sports ready for a monster 2017 NFL season

The latest on the fantasy sports industry.



MATT BURKE
@burke_metro
matthew.burke@metro.us

A merger between DraftKings and FanDuel, the two biggest daily fantasy sports companies in the United States, was thought to be a slam dunk deal earlier this year. In June, however, the Federal Trade Commission put an abrupt halt on the potential merger — citing anti-trust concerns. If the two companies had merged, they would have owned 90 percent of the daily fantasy market in the U.S.

Scared off by more potential days in court, DraftKings — based in Boston — and FanDuel — based in New York — agreed to instead remain competitors — and suddenly, the heated daily fantasy war is back on.

In addition, DraftKings co-founder and Chief Revenue Officer Matt Kalish told Metro that the merger being back on the table anytime soon is not happening.

"It's over with," Kalish said. "We're not pursuing a merger with FanDuel at all anymore. Our team has turned the page and we've moved on."

Had a merger occurred, DraftKings CEO Jason Robbins was in line to become the CEO of the new combined company. FanDuel CEO Nigel Eccles was going to be put in the chairman position of the company, but was not going to be involved in day-to-day operations. Instead, Eccles is now back in the business of trying to be one step ahead of Kalish and Robbins.

Eccles and FanDuel this month shut down its site in the United Kingdom in order to focus on its bread and butter — American football.

"As we approach the NFL season, we are allocating all of our resources toward ramping up a U.S. product that consumers love and building out complementary fantasy sports products," Eccles said (via The Independent — Ireland). "There are over 53 million people playing fantasy sports in the U.S. and we are investing all of our resources on that market."

Return to glory?

Two years ago at this time, you couldn't go one commercial break on ESPN without seeing a 30 second spot from either DraftKings or FanDuel. The two companies were at each other's throats

Everything you need to know

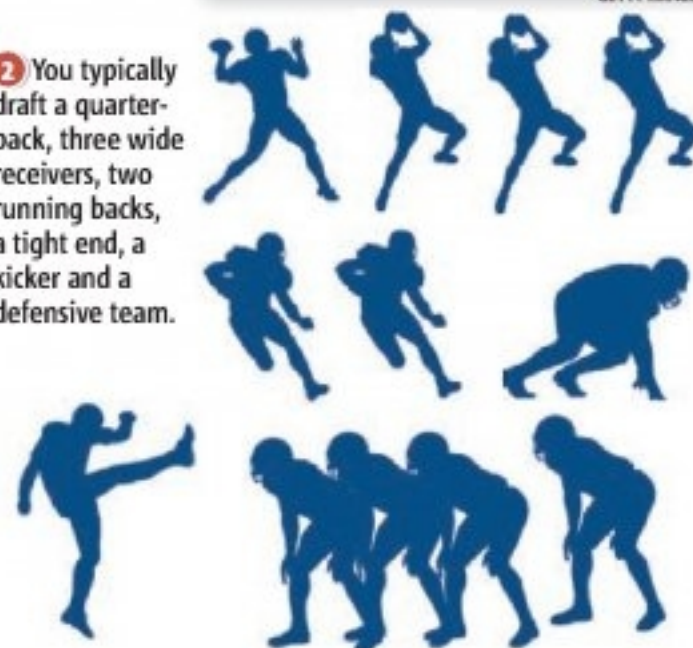
Season-long fantasy football remains the most popular fantasy sport in the United States. Here's a look at season long and daily.

1 The way it works is you get a group of 10-12 friends together and you "draft" players prior to the start of the NFL season.



GETTY IMAGES

2 You typically draft a quarterback, three wide receivers, two running backs, a tight end, a kicker and a defensive team.



3 Based on player stats in NFL games each week, you can either win or lose against your friends in head-to-head matchups.



GETTY IMAGES

4 Daily Fantasy leagues like DraftKings and FanDuel offer you the chance to do a weekly do-over. You can draft your team's players each week before the NFL games. You typically can't take all A-plus players though, as each player is designated with a price tag. You must fit all your players under a "salary cap."

for gamers and dollars, and it resulted in one of the biggest advertising battles in the history of U.S. television.

Just because that was the peak of advertising, though, doesn't mean that it was the peak period for the industry. Kalish and DraftKings insist that they've never been more popular.

"I think it's already well past where it was two years ago," Kalish told Metro. "We've been growing at a 30 percent clip, year after year. We have more users than ever. We have more players playing more contests than we've ever had. So the idea that 2015 was the peak point is not accurate. I think there was a lot of buzz around the industry then, because I think a lot of people were learning about it for the first time."

"We will be running a certain amount of advertising during football season because that's our peak acquisition period, but it won't be like it was two years ago. There will be a small window where we run a good amount of advertising — the first few weeks of the football season are very strong. So we'll be in the market, but it won't be anything like 2015 was. It will be a much more reasonable

level that makes sense for our company."

Adapt or die

Both DraftKings and FanDuel are introducing new gaming options for the 2017 NFL season. DraftKings is offering contests in which there is no player salary cap like the way the traditional daily fantasy games work. Instead, users can pick players in "pick 'em" mode as users are asked to select players from "tiers" of available players.

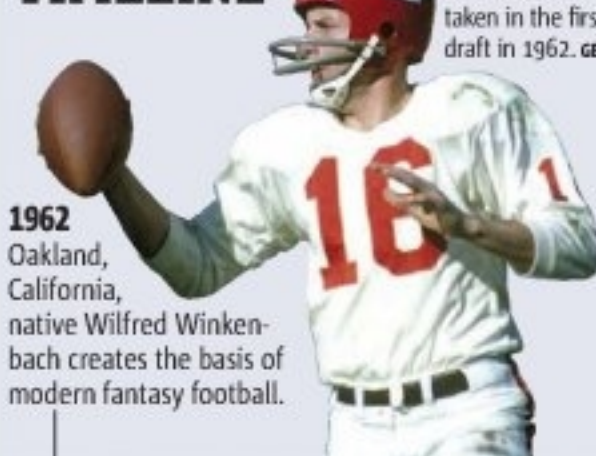
FanDuel, meanwhile, is going back to the future and is now offering season-long fantasy leagues.

Not just football

While the NFL season remains, far and away, the most lucrative time of year for DraftKings and FanDuel — there are some niche sports that have begun to thrive in the daily fantasy world.

"PGA tour golf is up 50 percent over last year," Kalish told Metro. "It lends itself perfectly for fantasy. NASCAR and UFC are very popular. These sports have big events that are a lot more scarce, they're not even weekly — so when the events come around players get really excited about them. It's something different and new."

TIMELINE



Len Dawson was one of the QBs taken in the first-ever fantasy draft in 1962. GETTY IMAGES

1962
Oakland, California, native Wilfred Winkench creates the basis of modern fantasy football.

1962



2009: Daily Fantasy Sports site FanDuel is launched.

1997

1997: CBS launches the first free fantasy football website.



GETTY IMAGES

2014: An estimated 33 million people play fantasy football.

2012

2012: Daily Fantasy Sports site DraftKings is launched.



December 2015: States consider regulation of DraftKings and FanDuel.

2017: Merger between DraftKings and FanDuel fails



2017

September 2015: DraftKings and FanDuel engage in an unprecedented advertising war.



GRAPHIC BY
JACLYN GABLER,
MATT BURKE,
METRO



Red Sox ace Chris Sale has never pitched in an MLB playoff game. GETTY IMAGES

Playoffs will be the great unknown for Sox' rotation

Doug Fister is the only Sox starter with playoff success.



MATT BURKE
@burke_metro
matthew.burke@metro.us

Even if David Price was 100 percent healthy and was on pace for 17 wins, there would be significant questions about his ability to pitch well in a postseason game.

The other big name and big money lefty on the Red Sox — Chris Sale — is actually on pace for 17 wins, but there will also be great questions as to whether or not Sale is able to deal with the pressure of playoff baseball. Sale has been absolutely

phenomenal for the Sox this season, but his playoff track record leaves a lot to be desired. That's because he doesn't have a playoff track record.

"I always watch the postseason — unfortunately, I've always had the opportunity to watch it," Sale said at the start of the 2017 season. "That's all I ever wanted to do [is get to the playoffs], and when I tell you that, I'm being completely honest. I want to win, plain and simple. That's my only job."

Regular season success means little when it comes to the MLB postseason. Just ask Rick Porcello. Porcello wound up winning the American League Cy Young Award but in his lone 2016 postseason start against Cleveland he coughed up three homers

Eyeing October

The Red Sox (71-52) are in terrific position to make the postseason as they are five games up on the Yankees (66-57) in the AL East. Even if New York found a way to steal the division, the Sox would likely be able to land a wild card spot. The Yankees currently control the top wild card spot in the AL as they are up 2.5 games ahead of the Twins (63-59) and Angels (64-60).

and five earned runs in just 4.1 innings of work — good for a game ERA of 10.38.

Price was even worse last October as he gave up five earned runs in just

3.1 innings against the Indians — good for a game ERA of 13.50.

Drew Pomeranz played a relief role in the Indians' three game sweep of the Sox (old friend Clay Buchholz started Game 3 of that series) and also had a tough time. In 3.2 total innings of work, Pomeranz surrendered two earned runs and had a 4.91 ERA.

Eduardo Rodriguez did not get the chance to pitch in last year's playoffs and has never pitched in a postseason game.

Doug Fister is the only regular member of the Sox' starting rotation that has considerable postseason action. In 55.1 innings of playoff baseball, Fister owns a 4-2 record with a strong 2.60 ERA.

MEDICAL RESEARCH

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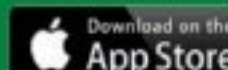
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Across

- 1 Physicist Nikola –
6 "Oh, gross!"
9 Rescued
14 Be of use
15 Bridal notice word
16 Serviceable
17 Earn
18 Wham!
19 Tie-dye cousin
20 Mexican Mrs.
21 Sonnet cousin
23 Tell a story
25 Done
28 Got mud on
29 Capt.'s heading
30 Hi-fi components
32 Put into words
36 Boundary
41 Feel sympathy for
42 Rudely sarcastic
44 Subtle glow
45 Shop items
47 Gave up hope
49 Plays with idly
51 Munich single
52 Piece of china
56 – hangs a tale
60 Firm, as pasta (2 wds.)
62 Lisper's problem
63 Music category
65 Wolf-pack member (hyph.)
66 IRS payment

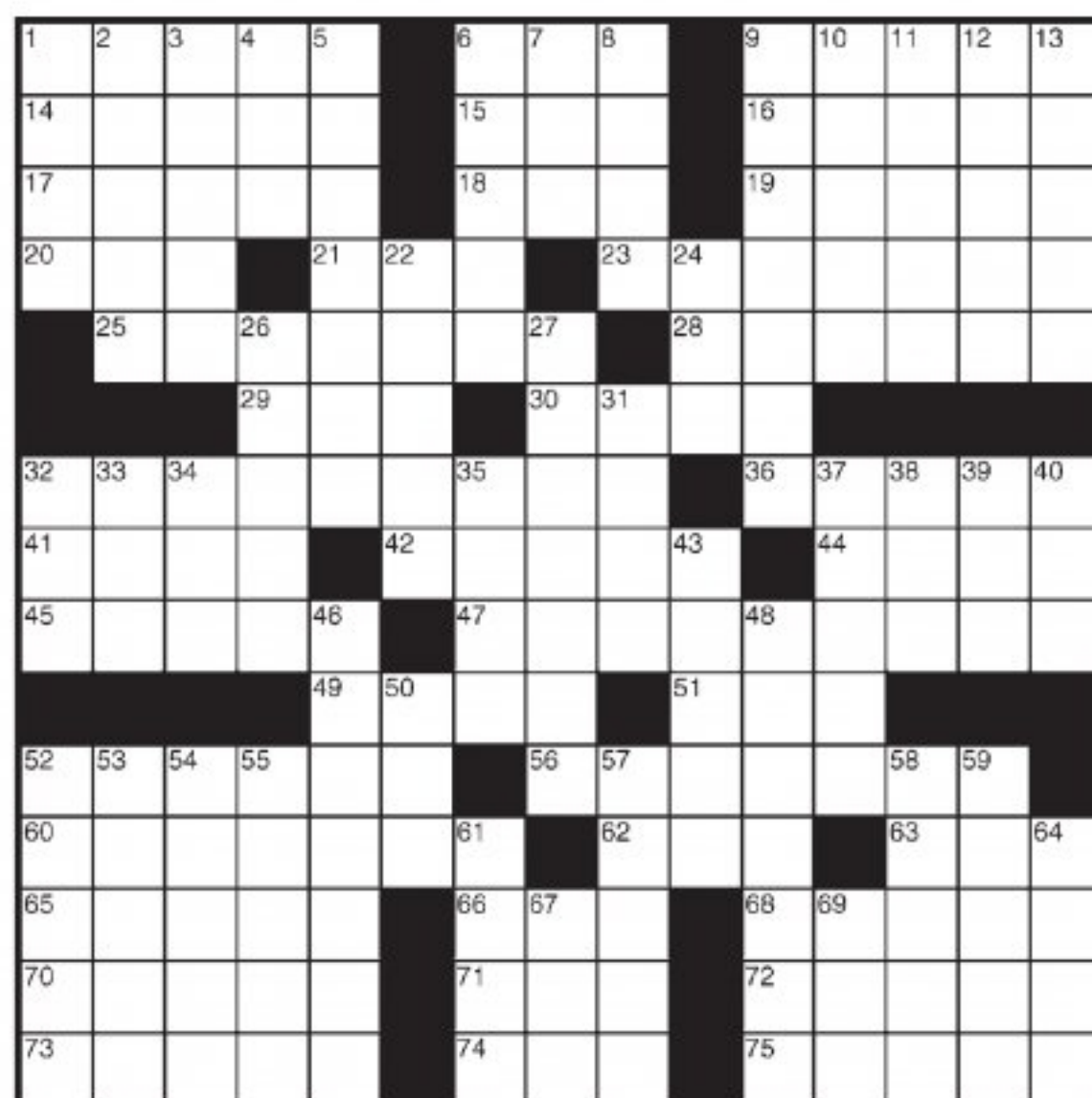
- 68 Whodunit suspects
70 Scandinavian
71 Fruit drink
72 Broken mirrors, maybe
73 Jacket choice
74 Boy
75 Deli item

Down

- 1 Soft caps
2 Turn inside out
3 Abraham's wife
4 Weeks per annum?
5 Pennsylvania coal town
6 Let float, as a currency
7 College maj.
8 Shaped with an ax
9 Privately (2 wds.)
10 Video-game pioneer
11 Very important
12 The upper crust
13 Faked out

- 22 Pistol fights
24 Viper
26 Rise up
27 Foggiest
31 Pills, briefly
32 Dye container
33 Environmental prefix
34 Sorority letter
35 Memorial Day race
37 Orono's state
38 Clingy seedpod
39 Temper
40 Tiny amount
43 Triangular swords
46 Dwarfed
48 Fliers' performance
50 Cast a vote
52 Gibe
53 Pipe bend
54 Be crazy about
55 Stop
57 Put the whammy on
58 Prickly twig
59 Tales
61 Etc. relative (2 wds.)
64 Attention getter
67 Nabokov book
69 Rhea relative

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easy

2	5	9			6			
		6	4		5		9	
	8	7	3					
		4		7				8
		2				9		
7				1		4		
					2	7	8	
	7		1		3	2		
			8			3	1	4

hard

				3	8	7	2	
	8	2	1					
						1	4	8
		4	5	6	9			
9								6
			8	7	3	9		
1	2	5						
					5	3	6	
	3	9	4	1				

metro.us/horoscopes



Aries Be responsible for your actions. Offer to make reasonable changes if it will help keep the peace with someone you live or work with.



Taurus A steady pace and comprehensive plan will help you achieve your goal. Someone unique or unexpected will step up and offer valuable information or help.



Gemini An emotional situation will leave you questioning a certain relationship. Look for alternative ways to protect your status without compromising an important partnership.



Cancer Stick to the way you are used to doing things. If someone is being impulsive, don't follow suit. A sensible approach to life and entertainment will protect against loss.



Leo Embrace a challenge that requires energy, skill and endurance. You'll master whatever you try hard to achieve. Changes at home will turn out to your liking.



Virgo Partnerships are best dealt with fairly and diplomatically. Your intuition will help you make the right choice regarding someone who is dependent on you.



Libra An emotional situation will trouble you. Don't share personal feelings or information with your peers. Take care of your responsibilities and tend to personal issues secretly.



Scorpio You'll instinctively know and understand what to do and the best way to reach your goal. Dismiss anyone trying to tempt you to do things differently.



Sagittarius Certain emotions will stand between you and the truth. Facts will be offered, but it's up to you whether to believe or ignore what you discover.



Capricorn Review your finances before you make a purchase or invest in something that has the potential to turn into a money pit. Only take on what you can handle.



Aquarius Gather information that will help you formulate the best way to deal with a financial or health matter. The more you know, the harder it is to be manipulated.



Pisces Be open-minded when asked to make changes to the way you do your job. Being reluctant to something new will make you seem difficult to get along with. **EUGENIA LAST**

Yesterday's answers

LOAFERS	YOKEL	NCO
OWLET	ERASE	ART
PETER	MAYAN	MAT
LABEL	IRENE	
RUFFIAN	SPEEDER	
ONIONS	STONE	
ODORS	WHITTLERS	
FUR	SAILS	DOC
SEDUCTIVE	ANIMA	
KOALA	GRACED	
AFFECTS	DORITOS	
SLOSH	REVEL	
COY	IMBUE	AGAPE
ORE	STEER	RULER
TAR	EVASDE	SNIPER

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Sources: Boston Globe, USA Today

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